



Okanagan Gymnastics Centre Coach In Training Program

The Okanagan Gymnastics Centre Coach in Training Program (OGC CIT Program) provides youth with an opportunity to develop leadership and life skills. It will broaden their understanding of what it means to take on a more responsible role in a gymnastics and sports setting, and serves as an introduction to becoming a professional member of the workforce. The program has been designed to provide a well-rounded experience that will benefit participants in all types of future endeavours. The goal of the OGC Coach in Training Program is to produce the future leaders of our athletes and provide our youth with an opportunity for personal and professional growth.

About the Program

The OGC Coach in Training Program is a six month program that will introduce you to various aspects of coaching gymnastics at OGC. The OGC CIT Program will also prepare you for the Gymnastics Foundations component of Gymnastics Canada's National Coaching Certification Program (NCCP). There are multiple aspects of the program including in class tutorials, individual study, mentorship, and hands-on coaching tasks, all done under the supervision of senior members of OGC staff.

There will be 10 mentor lead classes that will guide you through several supervised coaching, officiating, and administration activities. Participants will assist senior coaches during classes for children between the ages of 3 and 10. You will never be given sole responsibility for a group of children, and you will never be left alone with a group of children.

You are expected to complete **10 hours of tutorials** and to assist in the gym for a **minimum of 30 hours** in activities related to coaching, officiating and administration.

At the end of the program, you will be able to:

- Demonstrate your knowledge and understanding of the club, its history, culture, and goals, as well as its policies, structure and programs.
- Demonstrate your knowledge and understanding of basic ethical principles as they apply to sports.
- Demonstrate your knowledge of safety rules and procedures used in the gym, and perform a basic safety inspection of the gym.
- Demonstrate how to set up and adjust various pieces of apparatus around the gym.
- Understand and apply basic principles of Fun-Fitness-Fundamentals when leading activities with children.
- Teach and run a warm up game and stretch in a recreational or preschool class.
- Understand the CANGYM and CANJUMP program and be able to assist in teaching beginner CANGYM and CANJUMP skills.

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- Demonstrate how to help participants while learning basic gymnastics skills.
- Plan, set up and lead an activity station or small circuit.
- Learn how to use database management software to do simple tasks like look up students' information and take attendance.
- Act as a minor official at a club event.
- Assist in the organization and administration of a club event or activity.

Who is this Program For?

This program is for anyone **14 years** and older with a background in gymnastics, trampoline, dance, or fitness and other sports. It is also for parents and adults looking to work with children in sport.

How to apply?

Send a resume, cover letter, and OGC CIT Program Application Form to Chris Sheremeta (chris@okanangymnastics.com) by **October 14, 2022**.

When?

Classes will take place over 10 weeks, on Wednesdays from 4:00-6:00 and Saturdays from 12:00-1:00. The dates are October 22, 26, November 5, 9, 19, 23, 26, 30, and December 10, 14. Mentorship hours will be up to 2 hours once weekly, depending on availability.

Cost?

There is no cost for the OGC CIT Program.

Next Steps?

After successfully completing the OGC Coach in Training Program, you will be ready to apply your new skills and knowledge to any future job or project. If your goal is to be a coach, you will be well prepared for your Gymnastics Foundations Courses. OGC **requires all coaches** to have Foundations Introductions, Foundations Theory, Foundations Artistic and Foundations Trampoline. After completing these courses as well as the Respect in Sport, Making Ethical Decisions, and Standard First Aid, you may apply to be a coach at OGC. The Foundations level courses are only available to people 15 years old or older. While working towards completing these courses (or waiting until you are 15), prospective coaches are encouraged to continue partner coaching to further their practical education, and an honorarium may be offered.

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